



Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World

Tara Stiles

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In *Make Your Own Rules Cookbook*, Strala Yoga founder, fashion designer, and entrepreneur Tara Stiles shows you how to have fun making your own rules in the kitchen. You'll begin by breaking free of the labels, judgements, restrictions, and stresses of having to eat a certain way—letting go of the binge-and-purge, punishment-and-reward, diet-and-fail cycles. Learning to listen to what your body *really* wants, and make intuitive choices, you will find balance and harmony and go on to discover the massively bountiful buffet before you—an endless array of tastes and textures from all across the world!

Tara prides herself on making healthy living easy and effortless, and this cookbook holds the same philosophy. She gently guides you through every step of the Make Your Own Rules process, from

- preparing yourself for a major shift in your mind-set
- stocking a healthy, green kitchen
- choosing handy kitchen tools and appliances
- scheduling time for grocery shopping and cooking into your busy lifestyle
- and more!

Tara also gives you the freedom to play in the kitchen, get creative, experiment with recipes, and make them your own. With more than 100 mouthwatering recipes inspired by her international travels, her Midwestern roots, and her daily life in NYC, *Make Your Own Rules Cookbook* offers up a generous helping of plant-powered juices, smoothies, salads, main dishes, and desserts designed to leave you feeling radiant, energized, and satisfied.

Ditch the takeout menus, let your imagination run wild, and get your hands dirty in the kitchen!

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Allison Morales:

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